

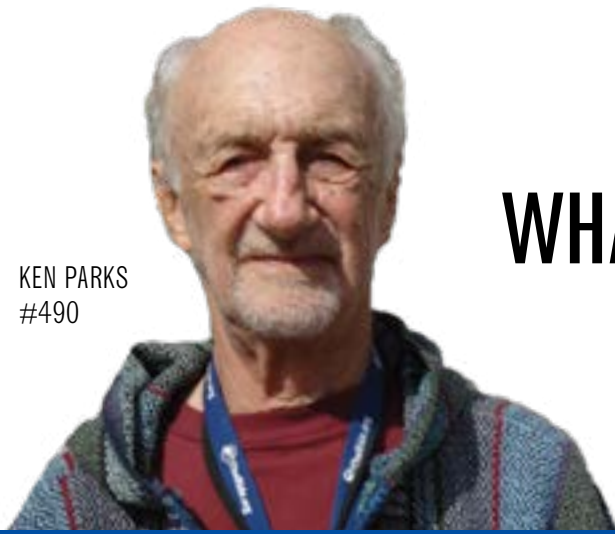
\$2

NOVEMBER 17, 2023 | VOLUME 14 | ISSUE 24

YOUR PURCHASE BENEFITS THE VENDORS.  
PLEASE BUY ONLY FROM BADGED VENDORS.

My struggle to banish drugs and  
keep my babies. **Page 10**

KEN PARKS  
#490



ASK YOUR  
VENDOR:  
**WHAT ARE YOU  
GRATEFUL  
FOR?**

# GROUND COVER

NEWS AND SOLUTIONS FROM THE GROUND UP | WASHTENAW COUNTY, MICH.

**Defending Jackson: Community rallies  
around local man caught in justice system.**  
page 4



Shihab Jackson appears before Washtenaw County Circuit Judge Carol Kuhnke in Ann Arbor on Tuesday, Sept. 19, 2023. Jacob Hamilton | MLive.com

THIS PAPER WAS BOUGHT FROM



@groundcovernews, include vendor name and vendor #



# Gary D. Robinson

June 13, 1960 - November 3, 2023

Gary "Moose" Dwayne Robinson, vendor No. 224, passed away Friday, November 3. Gary was a beloved member of the Groundcover News family. We remember him fondly, dancing on the corner outside the old Starbucks on Main Street, arms spread open, making his customers — and us — smile.

He is survived by his sons, Gary Leverett, Groundcover vendor No. 554, and Santana Taylor and his sister Genise Smith.



Gary and his wife, Celeste in 2016.

# Hal Klenk

April 1944 - October 2023

Harold "Hal" Klenk was a True American. Born in 1944 during WWII, he was raised in Roseville, Mich. Like any other boy of the time, Hal loved sports. Bill (his brother) and Hal were in all the competitive sports together and Bill was eventually the athletic director at Alma College in Michigan, where sports facilities are named after him.

Hal loved the Tigers, Pistons and Red Wings. Hal loved good food, good friends and His Savior Jesus Christ. Hal loved us — his fellow man. Hal was a dynamic teacher of the Bible, making it practical, doable and easy to understand. His theme verse was John 10:10 where it is stated that men and women are to "live life to it's fullest in every category, in abundance" and that was a promise from Christ. Hal could teach people how to be free in life.

Hal was both an Air Force and Army Veteran; he excelled in his profession as a medical technician. He was able to perform emergency surgeries that a qualified physician should do. Being resourceful, Hal once made use of the clinics Autoclaves, used to high heat and high pressure sterilize



instruments, to cook the Thanksgiving turkeys ... they were hot, very tasty and sterilized to boot!

After the military, Hal made Bible classes and studies available to everyone in his home. Hal made friends far and wide through his military and church experiences — as far as India and as close as Ypsilanti. Hal may have lost some of his shine in later years, but he had a heart of GOLD and we all saw that.

Hal is survived by family in Michigan: Kristin (Salvatore) LaMendola, Ryan (Pamela) Holmes, and Gregg (Jessica) Holmes, and his sister, Sharon Malay. He will be missed.

A memorial service will be held at a later date, at Great Lakes National [veterans ] Cemetery. [www.cem.va.gov/cems/nchp/greatlakes.asp](http://www.cem.va.gov/cems/nchp/greatlakes.asp)

# GROUNDCOVER NEWS

**PROVIDING ECONOMIC OPPORTUNITIES** FOR SELF-DETERMINED INDIVIDUALS IMPACTED BY POVERTY, **PRODUCING A STREET NEWSPAPER** THAT GIVES A PLATFORM TO UNDERREPRESENTED VOICES IN WASHTENAW COUNTY, **PROMOTING AN ACTION** TO BUILD A JUST, CARING AND INCLUSIVE SOCIETY.

Groundcover News, a 501(c)(3) organization, was founded in April 2010 as a means to empower low-income persons to make the transitions from homeless to housed, and from jobless to employed.

Vendors purchase each copy of our regular editions of Groundcover News at our office for 50 cents. This money goes towards production costs. Vendors work selling the paper on the street for \$2, keeping all income and tips from each sale.

Street papers like Groundcover News exist in cities all over the United States, as well as in more than 40 other countries, in an effort to raise awareness of the plight of homeless people and combat the increase in poverty. Our paper is a proud member of the International Network of Street Papers.

### STAFF

Lindsay Calka — *publisher*

Cynthia Price — *editor*

Simone Masing — *intern*

Hunter Johnstone — *intern*

### ISSUE CONTRIBUTORS

D.A.  
John Buckely  
Jamie Cameron  
Erick Brown  
Cindy Gere  
Billy Hill  
Mike Jones  
Tabitha Ludwig  
Lit Kurtz  
Ken Parks  
Jane Reilly  
Juliano Sanchez

U-M School of Public Health  
Washtenaw Literacy

### PROOFREADERS

Susan Beckett  
Elliot Cubit  
Anabel Sicko  
Sandra Smith

### VOLUNTEERS

Jessi Averill  
Luiza Duarte Caetano  
Zachary Dortzbach  
Glenn Gates  
Alexandra Granberg  
Robert Klingler  
Ruben Mauricio  
Holden Pizzolato  
Melanie Wenzel  
Mary Wisgerhof  
Max Wisgerhof  
Emily Yao

### CONTACT US

Story and photo submissions:  
[submissions@groundcovernews.com](mailto:submissions@groundcovernews.com)

Advertising and partnerships:  
[contact@groundcovernews.com](mailto:contact@groundcovernews.com)

Office: 423 S. 4th Ave., Ann Arbor  
Mon-Sat, 11 a.m. - 3 p.m.

Phone: 734-263-2098

[@groundcovernews](https://www.instagram.com/groundcovernews)  
[@groundcover](https://www.facebook.com/groundcover)

**DONATE,  
LISTEN TO OLD ISSUES  
+ LEARN MORE**

[www.groundcovernews.org](http://www.groundcovernews.org)  
[linktr.ee/groundcovernews](http://linktr.ee/groundcovernews)

### GROUNDCOVER NEWS ADVERTISING RATES

Size	Black/White	Color	Dimensions (W x H in inches)
1/8	\$110.00	\$150.00	5 X 3 or 2.5 X 6.5
1/6	\$145.00	\$200.00	5 X 4
1/4	\$200.00	\$265.00	5 X 6.25
1/2	\$375.00	\$500.00	5 X 13 or 10.25 X 6.5
full page	\$650.00	\$900.00	10.25 X 13

### PACKAGE PRICING

Three Months/Six Issues: **15%** off  
Six Months/Twelve Issues: **25%** off  
Full Year/Twenty-four Issues: **35%** off  
Only run for two weeks/one issue: **40%** off  
Additional **20%** discount for money saving coupons

## ASK YOUR VENDOR

What are you grateful for?

**I'm grateful for Groundcover News.**  
— Ken Parks, #490

**Jesus Christ.**  
— Gary Leverett, #554

**My successful daughter, Denali!**  
— Cindy Gere, #279

**This job [Groundcover News]. Without it, I wouldn't have a roof over my head.**  
— Terri Demar, #322

**Jesus, life, my mom, my pets, my jobs, my special woods and warm dwelling. Love and a heart filled with it. Giving. Fresh new opportunities, forgiveness. Grace. Meatloaf and mashed potatoes with gravy.**  
— Amanda Gale, #573

**I'm always thankful to live another day.**  
— Andrew White, #560

**Groundcover. If I wasn't selling, I would be homeless, not making any money.**  
— Eamonn Ofoighil, #531

**There's so much to be thankful for ... but I have to say, Groundcover!**  
— Lonnie Baker, #99

# An ode to the homeless ones



I've seen you as a ninja on his way here and there for some reason. Stay strong silent warriors. I've visited you as an associate minister to the homeless, keep hope in your heart.

I see you all while I'm homeless myself; stay strong, rest as you can, child of God.

I see the ones barely holding onto reality, stuck between worlds, may you find your light and your way.

I see the weary, who need a moment of rest near someone like

me.

I see my fellow nicotine addicts. Pro-tip: rather than catching the flu by smoking the first butts you find, buy some papers and roll it up, cowpoke.

I see the addicts of the "big three" and their derivatives. Do yourself a favor and get sober, a program like Celebrate Recovery can work miracles.

I see the frightened youth. Be safe all, and may we all find a place to call our house and home.

# Undercover art intel: Delonis arts and crafts fun Wednesday

Art activities, both free and paid, are ongoing fun in the Ann Arbor area, from the Ann Arbor District Library to the Art Center in downtown Ann Arbor.

All art activities for homeless people are free at the Delonis Center. There is an ongoing art class there on Wednesdays. The activities vary from painting to clay projects; much of the art ends up on the walls of the Delonis Center and in the dining area for all to see. Having attended this class personally, I found it to be a wonderful form of self-expression and personal healing with art therapy. This



class helped me deal with my own issues.

Art can bring out a new level of personal expression and show

one's love to the world.

Anyone going through homelessness is welcome to join this class on Wednesday from 1:00 p.m. to 3:00 p.m. I hope to help others make new friends as well.

I also used this time to make gifts for others for the holidays and happy birthdays for my buddies. Art is a way to show love to others we truly care about. So come, bring a friend and do art as a group of friends. Art made a difference in my life and I hope it can do the same thing for you.

*The Robert J. Delonis Center is located at 312 W. Huron St.*

# We're the trees that change lives

**D.A.**  
**Groundcover contributor**

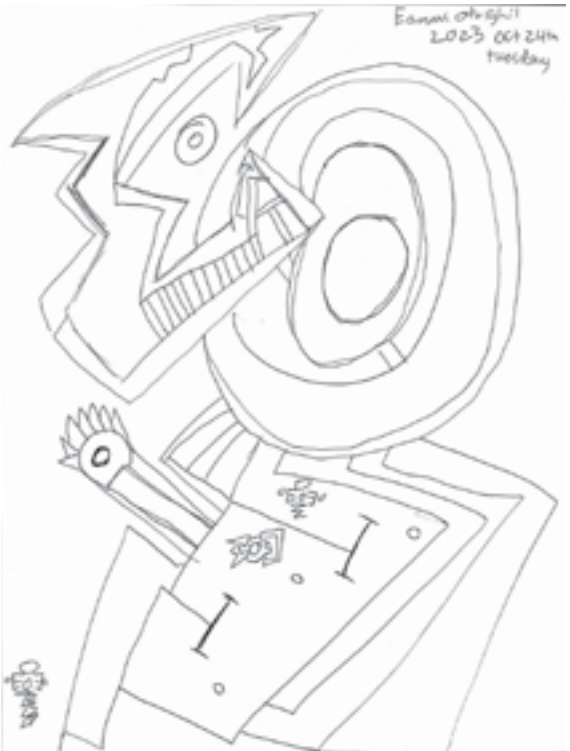
If I just sit around  
my mind wears even more thin

As the leaves in the trees  
of these autumn days  
Their colors represent,  
the many shades of the thoughts herein.

Though the tree thins  
The ground now heavy,  
with the shedding of leaves,  
the thoughts that fell.

Now as I here now stand, are as heaps  
on the ground  
I'll use my leaves, which became my testimonies to bring all who see and hear  
to Gods' WORD!

# Eamonn Ofoighil



**View more of Eamonn's artwork on Instagram: @dj\_chirish734**



# It's MI Homeless Awareness Month: Get involved!

Michigan Homeless Awareness Month began in November 2019 in response to the increase in homelessness. National Homeless Awareness Month takes place in November. Homeless Awareness Month is intended to give focus to the growing crisis and provide information that the public might not otherwise have.

Awareness of any societal issue is important, but knowledge about our unhoused neighbors can make the difference in helping a person survive. It is particularly important in Michigan because of its climate. In the midwest states, winter temperatures typically hover around freezing or below. While many people scramble to use all of their energies and available resources to escape the cold; not all are able to do so.

Lack of awareness has, in the past, had deadly consequences for those who are unhoused. People in cold, midwestern states such as Michigan are where people have frozen to death. Take the case of the 28-year-old athlete LaShawn Goode who was living in his car in Milwaukee, Wisconsin. He was found frozen to death one day. In Michigan, a man froze while sleeping outside of a church. And in Ohio, a man



**LIT KURTZ**  
Groundcover vendor No. 159

who had worked closely with a homeless organization froze at a bus stop while trying to sleep there.

Awareness can also serve to destigmatize those who are experiencing living unhoused. LaShawn Goode's family was unaware that he was living in his car and following his death encouraged others to "... reach out to the people closest to them," saying they had no idea the former athlete had been sleeping in his car. Undoubtedly, he had been too embarrassed to let them know his circumstances.

While cold temperatures are unique to northern states, there are many other facets of living unhoused that Michigan

shares with other states. These systemic problems include a lack of sanitary space and access to nutritious food and storage.

Once people are cognizant of problems through awareness programs, there will be more attention given to these issues. Without public awareness, the chances are reduced that they will be addressed and resolved in a meaningful way.

Unfortunately, most people lack information about the homeless situation and pass judgment based on negative perceptions. As a result, many individuals fall into homelessness themselves because they believe that they are somehow immune.

Yes, there are the typical issues of mental health and addiction, but there are a myriad of other reasons that can cause a person to become unhoused. Divorce, family disputes, medical illness, conflicts with roommates and many others play a role in a person losing housing. Awareness opens the door to communication and is a reminder that everyone is our neighbor. This can help us to learn to treat those less fortunate with the respect they deserve.

Unfortunately, not too many groups have hosted homeless awareness activities, which leaves much of the population to remain uninformed about some of the most basic issues facing those who are experiencing this crisis.

Right now, it is just a proclamation on a document that Governor Whitmer signed to go into effect. Until schools, churches and the general community put activities in place there is little promise for change.

An individual can be proactive in becoming more aware. The Michigan Coalition Against Homelessness has a calendar of events that one can attend during November.

The coalition's mission statement reads as follows:

"We serve as an inclusive statewide voice to improve systems and support communities to prevent and end homelessness in a way that leaves no one behind."

If you have not yet taken the time to become more knowledgeable about the plight of the unhoused, this is an opportune time to become familiar. This year, Homeless Awareness Month also coincides with the introduction of a Michigan Homeless Bill of Rights.

# Defending Jackson: Community rallies around local man caught in justice system

**CYNTHIA PRICE**  
Editor

Imagine you're a young Black man experiencing homelessness, and you're small (let's imagine 5'2" and 127 pounds). Imagine you've been victimized several times, including being robbed at gunpoint. What do you do? For many people across America, the answer would be, "Get a gun."

In the case of Shihab Jackson, he came up with other answers as well: cultivate a peaceful, emotionally-regulated demeanor, enlist the aid of friends and allies until he could obtain a home ... but he also decided a gun would protect him.

His efforts at peaceful solutions ran up against a barrier on March 11, 2023. Jackson failed to signal as he made a right turn. His car was not in good shape and his brake light was out, and police in the area pulled Jackson over.

A pretext stop is when law enforcement stops a driver for a low-level violation while actually looking for more

serious crimes. Or as Washtenaw County Sheriff Jerry Clayton says in a WXYZ article from March 2021, "It's bad when the police are randomly stopping people, randomly asking for consent on a fishing expedition." Prosecutor Eli Savit adds in that article, "these [can be] stops that uncover evidence of ... crimes, but there are many, many more that are humiliating, that ... erode the trust of the community ..."

The context of that WXYZ piece was Savit's promise not to prosecute crimes that resulted from such stops.

At his arrest, Jackson made a motion that led the police to believe he was running away, and they tackled him. It was only then they found the gun Jackson was carrying to protect himself. The problem? Jackson is a felon and the law is clear that felons cannot carry guns.

Jackson's supporter and friend Brian Geiringer, who has seen the police-generated footage, says that it's not clear that Jackson's intent was to run away, and the police response was an overreaction. Geiringer's next

shock was that cash bail was set, since that too had been something Savit agreed not to do (though Savit can only recommend, as judges have the final say). Geiringer and others rallied the community to spread the word and change the outcomes, not only for Jackson but for future nonviolent offenders who might be caught in the legal system's snare.

Ultimately, Jackson was charged with five felony counts including both felon in possession of a firearm and felon in possession of ammunition, a practice supporters are calling "charge stacking." There were also two charges of "resisting, obstructing or assaulting a police officer." Later, Jackson was asked to plead guilty to three of these charges, and if he did so some of the duplicative charges would be dropped. He refused.

Here's why: Jackson knows that he faces life-long repercussions if he is convicted of more than three felonies. (Along with his two previous, the plea bargain would have amounted to five.) Only three can be expunged, so he would live under the shadow of

being a felon the rest of his life.

"I'm not trying to weasel out of anything," Jackson says. "I'll do the damn time, it's my record I'm worried about."

His supporters feel his pain and have rallied, held press conferences, spoken at public events, and attended every one of his hearings. The charges are particularly offensive because they know Jackson to be an intelligent, level-headed, kind and helpful person. The charges paint him as dangerous and violent, but speaking with the University of Michigan Sociology graduate, or observing him in roles such as the co-emcee of a recent Peace Circle held by the Interfaith Council on Peace and Justice, puts the lie to that.

Supporters say it's important for Prosecutor Savit to take that into account and reduce the charges accordingly, asking in a printed piece "Who does this protect? Who does this serve?" Commented Geiringer, "It's hard to hear Jackson speak for too

see JACKSON page 11 ➡



**TECH  
QUESTIONS +  
ANSWERS  
FROM  
WASHTENAW  
LITERACY**

**Q: I need to use the internet but I can't afford a computer, tablet or smartphone, let alone WiFi. Do I have any options?**

A: These days it seems like you need to get online to do just about anything in life. Crucial tasks such as finding a job or scheduling a doctor's appointment can feel almost impossible without a reliable way to connect to the internet. This growing necessity makes a lack of access all the more difficult to overcome. How are you supposed to pay for a computer and internet service, when you need to already have both to get a job? To avoid that kind of trap it is more important than ever to know how to get connected without breaking the bank.

Depending on your specific needs, local libraries may be able to serve as a temporary solution. All of the branches in the Ann Arbor and Ypsilanti library systems have internet-connected desktop computers available for public use. Libraries also have free wireless internet which is fairly reliable inside their buildings. Ann Arbor District Libraries even provide free printing for their visitors, although the number of pages you can print is limited.

If you, like most people, need to use the internet from home, on the go, and at times when libraries are closed, you will need your own device as well as internet or cellular service. A good first step is to check if you qualify for government assistance. Two federal programs might help: the Affordable Connectivity Program and the Lifeline program.

If you are eligible for the ACP, you can get \$30 monthly toward internet or phone service, and you may be able to get up to \$100 toward a computer or tablet. Lifeline can provide an additional \$9.25 monthly for internet or phone service. Unfortunately, ACP and Lifeline benefits are limited to one per household.

Both the ACP and Lifeline programs work through participating private phone and internet

providers. That means that it is worth shopping around to look for good deals and figure out which provider will be the best for you. To entice you to use your benefits on their phone plan, some service providers offer a free smartphone when you start a plan with them through Lifeline or the ACP.

You can get more information and apply for ACP and Lifeline benefits online at [www.getinternet.gov](http://www.getinternet.gov). You can also call the ACP support center at (877) 384-2575. Another option is to find a participating internet or phone provider and apply for ACP and Lifeline benefits through them. Just remember that different providers have different phone plans and different deals, so it's important to compare offers to find what's best for you.

If you're confused or overwhelmed by all of the different providers offering ACP and Lifeline plans, look out for the next edition of "Can You Dig-It." We will go over how to compare internet and phone plans and how to make sure you get the plan that is right for you! We will also give some useful tips about how to use a new smartphone.

**Q: My phone keeps dying in the middle of the day even though I charge it every night. Is it broken? How can I fix this?**

A: In the September 8 edition of "Can You Dig-It," we mentioned that the portability of cell phones can be both a blessing and a curse. This question provides another great example! Although your phone's battery allows you to use it nearly anywhere, it also means that it can run out of charge, sometimes unexpectedly. At best, a dead phone battery is a frustrating inconvenience, but at worst it can leave you lost or stranded, without a way to call for help.

Most modern cell phones use lithium-ion batteries, which slowly degrade over time. As a result of that deterioration, your phone's battery will work for less and less time before

it needs to be recharged. In general, lithium-ion batteries maintain at least 80% of their capacity for 300-500 full charge cycles. That means that within 1-2 years, your phone's battery life is prone to becoming noticeably shorter than it was when it was new. Lithium-ion battery degradation is the cause of most battery problems in modern cell phones.

In the short run, there are a few ways you can extend your phone's charge life, even with a damaged battery. Using your phone less during the day is one of these methods since phones draw more battery power the more they are doing.

Unfortunately, not using your phone isn't a complete fix, since cell phones often keep software running in the background, even when all your applications are closed. Turning off your Bluetooth, wifi, and cellular data can help you reduce the amount of power that your phone uses through its background processes. You can always turn your phone off to conserve its battery. Just keep in mind that shutting down and rebooting a phone often takes a significant amount of power, so powering it off will only help if you don't restart it for several hours.

Depending on the type of phone you have, a more comprehensive solution is either to have the battery replaced or to get a new phone entirely. When you have a new battery, the best thing you can do to maintain its full capacity for as long as possible is to keep it away from temperatures higher than 95 degrees. Anything hotter can do irreversible battery damage.

**Submit your technology-related questions to submissions@groundcovernews.com and they might be published in the next issue of Groundcover News!**

*If you struggle with technology, reading, writing, or math, you may be eligible for tutoring through Washtenaw Literacy. For more information, or to volunteer as a tutor, visit [washtenawliteracy.org](http://washtenawliteracy.org) or call 734-337-3338.*

**YPSILANTI  
DISTRICT  
LIBRARY**  
**GET TO  
KNOW YDL!**

WHERE TO FIND US:  
Online at [ypslibrary.org](http://ypslibrary.org)  
Call us at 734-482-4110.

**TO GET YOUR LIBRARY CARD:**  
1) Fill out the easy online form at [ypslibrary.org/library-cards](http://ypslibrary.org/library-cards).  
2) Call 734-482-4110  
3) Or stop by any YDL location!

**DON'T HAVE A DRIVER'S LICENSE?** We can work with a variety of IDs to get you your card.

**TOOLS TO HELP**

**Holiday Book Sale**

The Friends of YDL Holiday Book sale will be November 18-19 at the Whittaker Road branch (5577 Whittaker Rd.). Knock out some of your tricky holiday shopping!

Nov. 18: 11am-3pm  
Nov. 19: 1-4pm

Details at [ypslibrary.org/events](http://ypslibrary.org/events).

**FEATURED EVENT**

**MONICA HICKSON:  
THE COVID DIARIES**

December 2 | 4pm

YDL-Superior (1900 Harris Rd.)

Local author Monica Hickson will discuss her nonfiction memoirs "The COVID Diaries" and "He's Not My Type" to share her experience of losing a loved one to COVID. She will share her stories and discuss how COVID has changed our lives over the past three years. There will be time for Q&A, and copies of Monica's books available for purchase.

**YPSILANTI  
DISTRICT  
LIBRARY**



# America at War

*Author's note: The opinion expressed is that of the author and does not reflect the opinion of Groundcover News.*

How can the citizens of Washtenaw County protect our country without using bullets?

During the just-started fiscal year, Oct. 1, America's debt has increased by more than \$500 billion. Half a trillion dollars in less than one month. This is due to the Israel-Palestine conflict and the Ukraine-Russia war.

The two wars are only one problem in what appears to be a divide-and-conquer tactic by America's enemies. There are at least two wars with bullets and also many wars without bullets. America has several enemies and large problems which are raising the national debt. David Schweikert (R-AZ), Vice-Chairman of the Joint Economic Committee, posts the increases daily on his website



JANE REILLY  
Groundcover vendor No. 611

[schweikert.house.gov/](https://schweikert.house.gov/): National Debt: Increase of \$2.4 trillion over the last 364 days.

"We're borrowing \$77,000 per second," Schweikert writes. "That should terrify all of us."

The Ann Arbor Coalition Against War often has been seen on Friday afternoons handing out pamphlets on the corners of 5th Avenue and East

Liberty Street.

"In just the last year, spending on Ukraine alone is close to 100 billion US taxpayer dollars," the AACAW wrote in an Oct. 6 pamphlet. "Who benefits? The booming U.S. defense industry. Companies like Lockheed Martin and Raytheon have seen stock prices skyrocket since the war began. Who pays? Working class and poor people who suffer more each day."

War certainly makes money. War is part of my definition of Evil, along with murder, all forms of trafficking (human, drug and munitions), all forms of rape (physical, financial, intellectual, emotional and spiritual), and pedophilia, a mental illness. (If medical help is not continuously attempted, then pedophilia is evil.)

Other types of war include the immigration problem due to the Mexican drug cartels. There is our domestic

terrorism displayed with the attack on the United States Capitol on Jan. 6, 2021. There is civil unrest with the Black Lives Matter protests following the murder of George Floyd on May 26, 2020, the largest protest in United States history according to Wikipedia. There is our seduction by LIV Golf.

Every president of the United States, regardless of party affiliation, is forced to multitask to fight all these wars. Russia and Ukraine are fighting over energy that fuels the United States and Europe. Evil loves to hide behind religion because many people are willing to put themselves in mortal danger to protect God and Country. The land in Israel and the Gaza Strip may be religious and sacred, but land means money and power. Land can be used by terrorists to manipulate Israel,

see AMERICA page 9 ➡

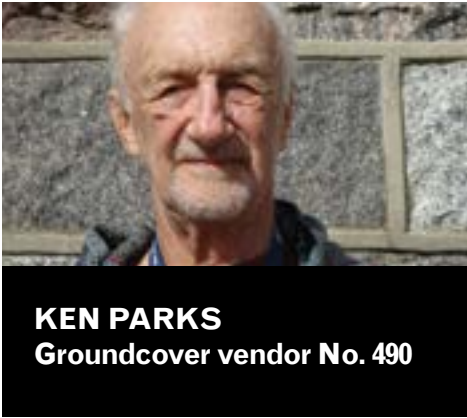
# Voodoo economics

I apologize for using a bad word in my title. "Voodoo" is the sensationalized English language sound associated with zombies, needles in dolls and other forms of evil in the racist tone that makes English the main language of imperialism.

Today the word "Islamic" is associated with fundamentalism and violence. "Islamophobia, Race and the Global Order" is a great podcast and book that shows how Zionism was promoted, especially during World War I, into the ongoing genocide of Palestinians. Oil reserves and imperialism are now in the deadliest embrace imaginable.

In 1980, Ronald Reagan and George H.W. Bush were competing for the Republican nomination for president. Reagan's attacks on Big Government and the promise of lower taxes were gaining public support. The argument was that lower taxes meant more money for consumers and more jobs that would increase revenue — and the magic balanced budget would appear. As I recall, Reagan also called for Star Wars, which was an arms race that required the United States outspending the USSR to oblivion. Bush accused Reagan of "voodoo economics," particularly that lower taxes would increase revenue and create a budget surplus.

The war machine is not considered Big Government by the corporate media, even though it is the big ticket item that has grown into the \$30 trillion in debt we now face. As fiat currency (backed by a government but lacking



KEN PARKS  
Groundcover vendor No. 490

the backing of a commodity such as gold) skyrocketed with the pandemic and forever wars, we have a new voodoo economics promoting inflation and an unstable global political economy. More billions for war are demanded, including \$120 million to invade Haiti again.

Haiti has been bullied by France in particular, and the United States more recently with the 2004 kidnapping of Aristede for a U.S.-supported coup to keep Haiti as a cheap labor investment opportunity. Papa Doc Duvalier was among the most brutal dictators until his death in 1971. He ruled with terrorist gangs and set the tone for the ongoing gang culture of Haiti. The United States supported Papa Doc, then Baby Doc, as they both brutalized the population for cheap labor and corruption.

The word "voodoo" has a racist context in that the Haitian Vodou religion's African diasporic origin implies danger. It obscures the fact that all religions become dangerous when "true

believers" otherize everyone else and trigger one inquisition or "witch hunt" after the other.

Bureaucratic compliance is the elephant in the room of this discourse. Its authoritarian nature and chain of command structure create multiple gridlocks that use our time to lay waste to the natural world as we bow down to the gods of capital. Our inner child is repressed by the adult lost in compliance. Freedom may lie buried deep in our hearts; the work to connect with this essential nature is the best work we can choose.

Voodoo is a word we can drop as we focus on reality and learn that everything is an expression of reality, and we can learn from anything that arises. Our breath is with us as long as we are alive. The breath is widely recognized

as the best place to start with training the mind toward its true nature. Focusing on the breath begins with clarity of intention. Peace of mind for oneself is good. Peace of mind for all beings is a more complete intention.

Start wherever you are and practice some diligence to stay with the task until some level of completion. Find teachers and therapists who point the way to completion.

I propose that Groundcover develop a relationship with the Karuna Buddhist Center and Bethlehem United Church of Christ and work with the Interfaith Council for Peace and Justice and others to do workshops on mind training, lifestyle medicine, meditation and prayer. We can bring theory and practice together as we compost war and grow peace.



**St. Francis of Assisi Parish**

"If God were your Father, you would love me, for I came from God and am here; I did not come on my own, but he sent me."  
+ Christ Jesus (John 8:42)

**Come Worship With Us!**  
**Mass Schedule**  
**Saturday** 5 pm (English) & 7 pm (Spanish)  
**Sunday** 8:30 am, 10:30 am, 12:30 pm, 5 pm  
  
2250 East Stadium Blvd., Ann Arbor  
**www.StFrancisA2.com** 734-821-2100

# The human race

**SANDRA GOMEZ**  
**Groundcover vendor No. 616**

What exactly is the Human Race  
When people could no longer look you in the Face  
Where technology has made people lazy  
What happened to the fields where you could pick daisies?  
Where people are attracted to Cell phones, Ipods, and such  
Where young people seem rude no matters much  
Everyone in America wants to be part of a team  
While people from other countries just want to live the American Dream  
Does anyone really care about the human race?  
Or will we all kill each other and leave no trace  
We are all together brothers and sisters  
What happened to the days when people greeted you, "Good Day Mister"  
Funny how we get criticized and scrutinized at the job  
Seems like people just want to rob you of your dignity, respect, and honor  
Sometimes I feel like life is a bad movie, full of horror  
The pain, the suffering, the casualties of war  
Don't worry, if you die, you'll be buried like a celebrity, a star  
With guns, men in uniform and a flag  
And all you had to do was pack your bag;  
For all the abandoned children on this earth  
Because their immature parents were unready for their birth  
For the girl who just wanted to have sex  
When the guy she was with was still with his ex  
Funny how the news feeds off of people's tragedy  
While government works behind closed doors on a new strategy  
To put down their fellow man  
Shouldn't we be working together to ban  
The destruction, hatred, and discrimination  
In our failing ignorant minds, Is that too much contemplation?  
So much anger, frustration, and people being unkind  
Wouldn't it be simple and more relaxing to just unwind  
Pray, Chant, or Meditate  
Trying to find the answers to eradicate  
The reason for our everyday actions  
Bring about equal and opposite reactions  
To the many things we do and say  
Why is life so hard, why does it have to be this way?  
Why can't life be kind and nice  
Don't you love it at weddings, everyone throws rice  
Everyone I see walks around with a frown instead of a smile  
What is so wrong with your life, contemplate that for a while.

# Love is a mighty stream



MIKE JONES  
Groundcover vendor No. 113

My uncle Maliki Almadin (Andy Jones), taught me that love is the greatest healing power on earth. The God of love cannot hear the prayers of the one who fails to love. The love I speak of flows down a mountain like a mighty stream and washes away anything unlike itself.

Once upon a time not long ago, there was love. Others like myself bear witness to this love that existed. After the murders of 2Pac and Biggie, love faded away like blunt smoke. Those of us who had the pleasure to exist in that period saw the last of the good old days.

Back in the day people expressed love for one another through music, art and everyday conversations. Today, nobody speaks to one another; people are too busy looking at their cell phones and not paying attention to what is going on around them. Most people don't have the scope of time and history. For those of us who remember or those who desire love, peace and harmony, the question arises: where is the love, and can it be restored socially in America and throughout the world?

Pre-dating the time period, the

great Stevie Wonder graced the stage with his beautiful voice, he and his contemporaries were the soundtrack of love in America. The Motown Sounds was an expression of love, not just in the Black neighborhoods, but all the neighborhoods in America. We were living in a better America than we are living in now.

In those days, love was at the core of our society, community and family. American society is failing now because of a lack of love. America has become a war zone. What used to take place in the middle of the night in the back alleys of Detroit, Michigan, is now taking place all over America in broad daylight. Let's get rid of the hate and the guns, and let's make love in America great again.

The generation I grew up in had more freedom than our children and grandchildren. Imagine that! We are going backward, America! It is time to reverse course before we go to an unnecessary place. Others like myself are looking forward to ushering in a new world that would minimize the "isms." Racism, sexism and fascism: we can do better as a society with less of that.

Peace, love and happiness are what we naturally strive for but are not always obtainable. People from all walks of life, from all parts of the world, are trying to penetrate the borders of the free world in the pursuit of just that.

I challenge all Americans and all humanity to express love to one another. Love is the greatest healing power on Earth.

# The world at night

**BILLY HILL**

There seems to be another place. The world comes alive at night in ways that do not come to mind when the sun is up & shines on us. The sun is our star and the source of life on this planet. The same light that shines on the moon, they say, comes through our star, the sun.

There are degrees of light in the night time. In darkness, one may allow vision to adjust to light that is hidden in shadow in low-frequency. There are other Stars. Those stars cast their light in the cosmos. There is such a quiet at night after midnight & before sunrise, because many people sleep at night

there is much silence in the night. According to the footnotes of the Holy Bible translation into English language, day begins at sunset, so the night as part of day is expressed. The same light that shines on our star shines throughout the universe, assumingly so. At night there is a sense of aliveness. Even by sitting at one's bedside contemplating the mysteries of existing, one finds solace in self. A sense of being a part of something more celestial than in the work hour for most folks. These moments that stretch for almost half of the 24-hour daily span remind one to wonder what other enigmas exist in the world.



**FIRST BAPTIST**  
CHURCH OF ANN ARBOR  
  
We seek to...  
follow Jesus  
respect all people  
honor questions  
be real  
nurture community  
  
Sunday @ 10a 517 E. Washington Street fbca2.org  
Open to all. Closed to none.



# Erick the Dream Giver needs you!

## ERICK BROWN

Groundcover vendor No. 617

My name is Erick the Dream Giver. I am a traveler, a helper and a dreamer who shares my adventures and stories on my YouTube channel. I also do odd jobs along the way to make money and support my cause.

I traveled around the USA with my goat, Deer, who was my emotional support animal. He died a few years ago and I miss him very much. He was my partner in crime who joined me in all my travels and adventures. He was also the inspiration behind my channel and my mission.

My mission is to inspire people to pursue their dreams and live their best lives. I believe that everyone has a dream inside them, and I want to help them discover it and achieve it. I say that I am a dream giver because I give people hope, motivation and guidance to follow their hearts and heads.

However, I also face some challenges. I live in a school bus that I converted into an RV tiny home. I use it as my vehicle and my shelter

while traveling. Unfortunately, my bus broke down two years ago and I have been trying to raise money to fix it ever since. I also need to find a mechanic who can repair it.

To make money for my bus repair and my living expenses, I do odd jobs wherever I go. I am willing to do anything that people need, even dirty jobs. I have done homesteading, solar panel installation, sanitation work, construction work, mining work, agriculture work, animal care work, and more. I enjoy doing different kinds of jobs because I learn new skills and meet new people.

I am asking for your support to help me get my bus back on the road. I have set up a fundraiser on my website where you can donate any amount you can afford. I also accept donations in other forms such as food, water, gas or tools. I appreciate any help you can offer me.

You can also support me by subscribing to my YouTube channel, watching my videos, liking and commenting on them, and sharing them with your friends and family. You can also follow me on



social media where I post updates on my travels and my fundraiser. You can also send me messages of encouragement and gratitude.

YouTube: [@erickthedreamgiver](https://www.youtube.com/@erickthedreamgiver)  
GoFundMe: [gofund.me/ericksdreammachine](https://www.gofund.me/ericksdreammachine)

I am a remarkable person who is making a difference in the world. I am a traveler, a helper and a dreamer. I am Erick the Dream Giver, and I need your help to continue my mission. Support me today!

Sincerely,  
Erick the Dream Giver

CINNAHOLIC<sup>™</sup>  
Gourmet Cinnamon Rolls

BUY ANY ROLL GET ONE OF  
EQUAL OR LESSER VALUE FOR

FREE



At CinnaHolic, we believe everyone has the power to make a positive change in the world—for our people, the animals and the planet. All our products are made with the highest quality ingredients, and are 100% vegan, dairy & lactose-free, egg-free, and cholesterol-free.

valid in-store only, not valid with any other discounts. exp. 1/31/2024  
121 E Liberty St, Ann Arbor, MI 48104  
(734) 707-1955

@CinnaHolic AnnArbor



## Want to lower the cost of your energy bills?

The Washtenaw County  
Weatherization Program has **EXPANDED**.  
Income guidelines have **INCREASED**.  
All work is **FREE** of charge!

### Homeowners and renters can apply!

Income must be at or below 80% area median  
income (AMI) to qualify:

Household Size	1	2	3	4	5	6
Income Limit 80% AMI	\$62,600	\$71,550	\$80,500	\$89,400	\$96,600	\$103,750

### Benefits of Weatherization

- Comfort
- Lower Utility Bills
- Energy Savings
- Improved Health and Safety

(734) 544-3008

415 W. Michigan Ave, Ypsilanti  
[washtenaw.org/weatherization](https://www.washtenaw.org/weatherization)



Weatherization can include:

- Home Energy Inspection
- Air Sealing and Insulation
- Furnace Replacements
- Fresh Air Bath Fan

Apply today at [bit.ly/wx-app](https://bit.ly/wx-app)  
or call (734) 544-3008!



OFFICE OF COMMUNITY &  
ECONOMIC DEVELOPMENT  
Collaborative solutions for a promising future

**Sudoku** ★★★★★ 4puz.com

		7				9		
2				4				6
3			1		6			2
6	8	3				2	7	5
	1		7		2		3	
7	9	2				4	6	1
5			4		1			8
8				3				7
		1				5		

Fill in the squares so that each row, column, and 3-by-3 box contain the numbers 1 through 9.

### Groundcover Vendor Code

While Groundcover is a non-profit, and paper vendors are self-employed contractors, we still have expectations of how vendors should conduct themselves while selling and representing the paper.

The following is our **Vendor Code of Conduct**, which every vendor reads and signs before receiving a badge and papers. We request that if you discover a vendor violating any tenets of the Code, please contact us and provide as many details as possible. Our paper and our vendors should be positively impacting our County.

- Groundcover will be a voluntary purchase. I agree not to ask for more than the cover price or solicit donations by any other means.
- When selling Groundcover, I will always have the current biweekly issue of Groundcover available for customer purchase.
- I agree not to sell additional goods or products when selling the paper or to panhandle, including panhandling with only one paper or selling past monthly issues.
- I will wear and display my badge when selling papers and refrain from wearing it or other Groundcover gear when engaged in other activities.
- I will only purchase the paper from Groundcover Staff and will not sell to or buy papers from other Groundcover vendors, especially vendors who have been suspended

or terminated.

- I agree to treat all customers, staff, and other vendors respectfully. I will not "hard sell," threaten, harass or pressure customers, staff, or other vendors verbally or physically.
- I will not sell Groundcover under the influence of drugs or alcohol.
- I understand that I am not a legal employee of Groundcover but a contracted worker responsible for my own well-being and income.
- I understand that my badge is property of Groundcover and will not deface it. I will present my badge when purchasing the papers.
- I agree to stay off private property when selling Groundcover.
- I understand to refrain from selling on public buses, federal property or stores unless there is permission from the owner.
- I agree to stay at least one block away from another vendor in downtown areas. I will also abide by the Vendor Corner Policy.
- I understand that Groundcover strives to be a paper that covers topics of homelessness and poverty while providing sources of income for the homeless. I will try to help in this effort and spread the word.

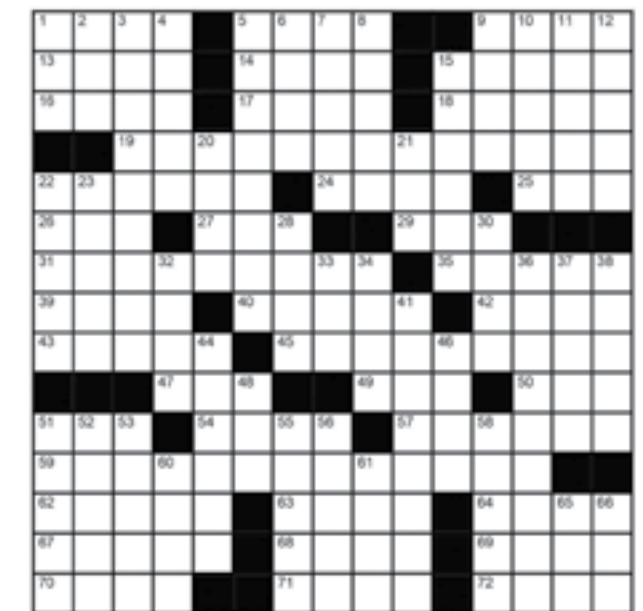
If you would like to report a violation of the Vendor Code please email [contact@groundcovernews.com](mailto:contact@groundcovernews.com) or fill out the contact form on our website.

### Pass the Gravy

by Tracy Bennett

#### ACROSS

1. Reverberate
5. Tomato variety named for a city
9. Performs
13. Typical hour for lunch
14. Greek god of passion
15. Regional plant life
16. Ellipsis, essentially
17. Edible seaweed
18. Welcome into the house
19. Extra dining surface for an annual gathering?
22. Exactly right, in Brit-speak
24. "Shoo!"
25. Of a bygone time
26. Contractor's guess: Abbr.
27. Promos
29. Pushup muscle, for short
31. Feat performed by someone bringing in more seats?
35. Wainwright who co-headlined the 2019 Ann Arbor Folk Festival
39. Body ink, slangily
40. White wader
42. Monthly household expense
43. Very buff, in modern lingo
45. Dish piled high with leftovers for each departing guest?
47. Corn unit
49. \_\_\_ a visit
50. "Chandelier" singer
51. Journalist and activist \_\_\_ B. Wells
54. Brand for those making room for fourths
57. Girl in a Grimm fairy tale
59. What a host might find after the last guest drives off?
62. Encourage
63. Signal farewell
64. Lavish celebration
67. \_\_\_ friends (surrounded by loving folk)
68. Word with family or Christmas
69. French city near Grenoble
70. Chimed
71. Plant with fronds
72. Catch sight of



© Tracy Bennett (published via Adobe Acrobat DC)

#### DOWN

1. Finale
2. Chirp like a dove
3. Something eaten but not discussed at Thanksgiving?
4. Commencement
5. Light anew, as an old flame
6. Black-and-white cookie
7. Gelatin dessert shapers
8. Gelatin layer from bone stock
9. Alan of M\*A\*S\*H
10. Mix-and-match meal deal
11. Sing like a canary
12. Happily and fully full
15. Needing to loosen one's belt after dining, say
20. Ready to \_\_\_! (cheering for the Detroit Lions)
21. Upper limit
22. Religious factions
23. "I don't believe that!"
28. Satisfied exhalation
30. Ringlet
32. Belle \_\_\_ Park (Detroit River nature area)
33. To and \_\_\_
34. Holiday staffer, maybe
36. Thanksgiving and others
37. Loosen, as laces
38. Total bargain
41. Matcha-inspired shade
44. Best Thanksgiving tradition, some say
46. Fire: Prefix
48. Participate in a local Turkey Trot
51. Worrier's words
52. Religious doctrine
53. First noble gas, alphabetically
55. Workweek letters
56. Piece of the pie
58. Sharp-eyed raptor
60. Donkey \_\_\_ (video game)
61. Of all time
65. Prune
66. Best kind of pie, some say

### ➔ AMERICA from page 6

Palestine and America. Many states in America helped the Mexican drug cartels by legalizing marijuana. The New York Times ran a photo on the front page of Mexican cartels guarding football-field-sized crops of marijuana with AK-47 machine guns.

We are making progress by not fighting a civil war, which may have been instigated in part by Vladimir Putin's involvement in the 2016 presidential election. Make no mistake: the Black Lives Matter protests helped create the necessary 21st-century policing laws. New laws and continuing nationwide systematic changes are the appropriate response. But some people took advantage of Floyd's death and the ensuing legal protests to distract from or hide illegal behavior; trying to pull apart America from the inside by creating a civil war where we kill each other. Floyd was murdered during the pandemic, a different distraction. Besides massive deaths, the pandemic enabled medical fraud.

Mohammed bin Salman, Crown

Prince and Prime Minister of Saudi Arabia, knows Americans are greedy and selfish. We will not turn down billions of dollars offered by bin Salman for LIV Golf. Already, USA Today sportswriters think LIV is a great business. Once Americans accept bin Salman's money, he is the owner. He will expect loyalty and servitude for his billions of dollars. He is not a president of a democracy; he is a Crown Prince, with subjects, servants and slaves, looking to expand his country, possibly into America. Amnesty International reported more than 100 executions in Saudi Arabia from January through October 2023.

A war without bullets. A war fought with money.

How can the citizens of Washtenaw County protect our country without using bullets? Consider each and every purchase. Your money funds individuals, companies and corporations. Make sure your money is being put to the best possible use funding ideas and ideals that are fueled by your ethics and values.



# My struggle to banish drugs and keep my babies

*Content warning: suicide.*

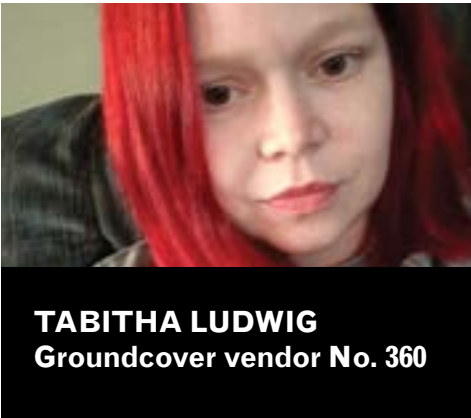
My name is Tabitha Ludwig. A lot of you have most likely seen me selling Groundcover News. I am going to tell you a little bit about who I am.

Well, I just turned 34 in September. I have five amazing children. My son is my oldest; he will be 16 this year. I still can't believe it. He has grown up so much. I have four daughters: Angel (11-years-old), Sofina (8-years-old), Crystal (2-years-old) and Lena (my baby I just had this year).

A funny story is Angel and Sofina both have the same birthday, just three years apart. Sofina was so determined to be born on her big sister's birthday that I ended up giving birth to her in the back seat of my dad's car right before midnight. But that will be a different story and a different article on a different day in a different issue — so stay tuned for that.

Back in the beginning of 2016, I became a drug addict and I gave my children (the two I had at the time, Thomas and Sofina, because Angel lived with her father) to my father and stepmother.

I started using crack cocaine and it got really bad, fast. I ended up doing a lot of things I wish I never did. For one, I started selling my body to get high. I stole, I lied and I ended up in and out of jail a lot. I stopped selling my body and started selling Groundcover in



October of 2016.

A few months later, I ended up in jail for nine months. When I got out, I went right back to getting high. Just a couple months after getting out of jail, my sister Crystal (she also sold Groundcover and I have written articles about her) was murdered. She got stabbed to death. I took it hard and kept getting high.

I did try a lot of times to get clean. At one point I started using crystal meth because it had my sister's name in it. Anyway, that was the excuse I told myself to make myself think it was okay to do. I tried to kill myself by overdosing; I went to rehab and that is where I found out I was pregnant. I named my daughter Crystal after my sister.

I thought it was a sign from my sister to stop using, but as much as I hated it,

I couldn't change all at once. I got out of rehab. I once again relapsed even though I was pregnant. But I did not give up. I kept trying to get clean. Unfortunately, my daughter Crystal, the 2-year-old, was born with drugs in her system. I went into labor because my body was detoxing from the crystal meth.

Thank God my daughter was born with no problems but she was taken from me and I had to leave the hospital without my baby girl. I went to rehab again and got clean and got put into a shelter. Me and my fiancé (Sean, Crystal's father), got Crystal back when she was a month old. We ended up getting out of the shelter once again. When Crystal was nine months old I lost her again for a reason that I will not mention in this article, but it will be its own article one day.

A few months later I ended up relapsing again after a year clean. I used a lot, as often as I could. And once again, I was back in jail, my first time since I did the nine months; I had to turn myself in during October 2022. But just a few hours before I turned myself in. I became pregnant. Of course, I did not know yet.

I think I did three weeks in jail that time and the first thing I did when I got home from jail was take a pregnancy test, which came back positive. I knew I did not want the same thing to happen



Sean, Tabitha and newborn Lena

this pregnancy even though, yes, I did get high in the very beginning. I waited for a bed at a rehab. I have now been clean off of everything since Jan. 6, 2023 and I have no desire to ever pick up another drug or drink again.

I am currently in drug treatment court, outpatient treatment and attend AA meetings. I have a sponsor; I go to therapy. I'm in the process of getting Crystal back again. I currently get her four days a week. By mid-November, I will have her back full-time. Life is hard but I am willing to keep putting one foot in front of the other and keep moving forward. I know it's not going to be easy. But I also know it's going to be well worth it.

# Greek gods, mythology and American politics

Greek myths and American politics might seem very different, but they share some interesting similarities. In ancient Greek stories, you have powerful gods like Zeus, the king of gods with his thunderbolt, Hades, who ruled the underworld, and Poseidon, the god of the sea. They represent strength and control, and just like the leaders in American politics today; they are always trying to gain power and influence. This power struggle has been a big part of both ancient times and our world today, especially during elections and when important decisions are being made.

In the Greek myths, the gods often joined forces to fight big challenges. For example, Zeus, Poseidon and Hades worked together to defeat the Titans and bring about positive change. Teamwork helped them succeed. In American politics, politicians from different parties sometimes work together, like when they passed the Civil Rights Act in 1964. This shows that teamwork is still crucial today for solving



important problems and making things better for everyone.

Doing what's right is a key idea in Greek myths and American politics. In the Greek myth of Prometheus, he had to choose between defying Zeus to help humans or obeying Zeus and facing punishment. Gods have to make tough choices. American political leaders have to make decisions about things like the environment or healthcare that affect everyone. Being fair and honest in these choices helps build trust and make the right things

happen for everyone.

Leadership is another way Greek myths and American politics are alike. In the stories, you have gods like Athena, who is clever and plans things carefully, and Ares, who acts quickly and loves a fight. For example, in the myth of the Trojan War, we see the strategic leadership of Athena guiding the Greeks, while the impulsive and aggressive leadership of Ares is evident in the fierce battles fought by the Greek and Trojan warriors. Similarly, in American politics, leaders such as Abraham Lincoln are known for their wise and diplomatic approach to complex issues, while figures like Theodore Roosevelt are celebrated for their direct and assertive leadership style, exemplifying the diverse spectrum of leadership styles in the political arena.

Keeping order is crucial in both Greek myths and American politics. In the Greek myth of the Underworld, Hades had to ensure that the souls of the dead were treated justly and that the rules of the afterlife were followed. Similarly,

the U.S. government enforces laws to make sure everyone is treated fairly and that there's peace and order in the country. This helps people live together peacefully and feel secure in their communities.

However, there are some differences between the two. The powers of the Greek gods are not the same as the rules that American politicians have to follow. Also, the problems that American politicians face seem more complicated and real to us than the issues faced by the gods in these ancient stories.

It's interesting to see how some of the same ideas about power, working together, making tough choices, different styles of leadership, and keeping order are found in both ancient Greek mythology and current American politics. These similarities show us that some things about human nature and society don't change, no matter the time or place. They remind us that these ideas are important for any society to thrive and succeed.

# The Doctor is In! Health questions answered by health professionals

**U-M SCHOOL OF PUBLIC HEALTH STUDENTS**

*Over the next few months, students at U-M School of Public Health and Michigan Medicine will be answering some of your health questions. We will say this right up front: we are NOT doctors, though many of us are in med school, and preparing to be. We all study some aspect of health and otherwise know how to find answers to tough questions. Unfortunately, we don't have the capacity to answer your personal, specific health questions or diagnose anything. Think of big picture health questions!*

**Q: How do I tell my doctor something that I'm nervous to ask them?**

A: First, I want to validate the need to talk honestly with your doctor, even when it's a topic you're nervous to bring up. Understanding why you are nervous helps you know what to do next. So start by asking yourself, "Why am I nervous?" Are you worried the doctor is going to brush off your concerns without appropriate medical care? Are you worried they will stigmatize or judge you? Analyzing this and deciding how you want to talk about your worries will help you partner with the doctor to address your concerns!

If you're worried about stigma or being judged over something you did, sometimes simply stating that you're concerned about that can be enough to bring your doctor into the present moment with you. Telling them directly also helps them quickly understand where you're coming from. Most folks have had not-so-great experiences with doctors; communicating

effectively helps introduce more comfort to the conversation. When you partner with your doctor, you create a team where all members are working toward your health goals!

Next, having your health concerns disregarded is called "medical gaslighting." When this happens, it's critical to advocate for yourself as this can have life-or-death consequences. Sometimes medical gaslighting is hard to spot — doctors may say, "It's all in your head," interrupt you, or downplay your symptoms. Remember, medical providers have expertise in medical knowledge and health care, but you know your body best.

There are many ways to advocate for yourself; below are some tips.

- Take notes about changes in your health before your visit, and come prepared with a list of changes, concerns and questions;
- Appointments are short; choose which concern is most important to you and begin with that. It's also okay to ask new questions if they occur to you during the session;
- Ask clarifying questions;
- Ask the doctor to explain their conclusions and how they came to their conclusions;
- Tell the doctor you want to work collaboratively, you want more information, or you'd like to make a decision together;
- Be honest during the visit;
- Make sure there are clear next steps after the visit, and you know how to achieve them.

Dealing with stigma and medical gaslighting is challenging. Be persistent, partner with your doctor and trust your body when you know something is wrong! — Amanda C.

### Welcome to the Winter Market

Open Every Saturday  
9am-1pm  
Closed on Holidays

Shop Online & Pick-up on Tuesdays!

Scan to shop

Or Visit  
[growinghope.localfoodmarketplace.com](http://growinghope.localfoodmarketplace.com)

We proudly accept SNAP/EBT and Double Up Food Bucks!  
Come shop and earn up to \$20 in free fruits and vegetables through the Double Up Food Bucks program.

@ypsmarkets

fb.com/ypsilantifarmersmarkets

Questions? Contact Us:  
[market@growinghope.net](mailto:market@growinghope.net)  
734-707-1795

## ART ON A JOURNEY GALLERY

December 1-23

The Art on a Journey Gallery is a non-profit gallery of local artists who are currently unsheltered, have been affected by homelessness or are housing insecure and at risk of becoming homeless. Each artist is encouraged to express and share their journey through stunning creations of visual art or unique textiles, for example, that are available for purchase.

**at The Deep End Cafe & Gallery**  
310 Perrin St. Ypsilanti, MI 48197  
[www.tdecafe.com](http://www.tdecafe.com)

**www.artonajourney.gallery**

➡ **JACKSON** from page 4

long before you realize that this is a genuine person, he's not trying to bullshit you."

Geiringer wrote an informative article about Jackson at [whatsleftypsi.com/2023/the-trial-of-eli-savit](http://whatsleftypsi.com/2023/the-trial-of-eli-savit). It in particular sheds light on pretext stops.

Prosecutorial discretion (what charges prosecutors bring and what they recommend to judges) is certifiably a part of the justice system. Jackson pointed out that prosecutors and judges often acknowledge the

ambiguity of a crime when there are understandable motives. "A single mother who's poor stealing Similac from Kroger is an understandable crime, a crime of survival," he said.

"I'm a small person and I don't have a violent past, so that just makes me a convenient victim. Carrying a gun for me is self-protection," Jackson said. "I feel like I'm being pursued maximally for a crime of survival."

Jackson has asked that his case go before a jury. The next hearing is December 5. You can be sure his supporters will be there.

## PUZZLE SOLUTIONS

1	6	7	2	8	5	9	4	3	
2	5	9	3	4	7	1	8	6	
3	4	8	1	9	6	7	5	2	
6	8	3	9	1	4	2	7	5	
4	1	5	7	6	2	8	3	9	
7	9	2	8	5	3	4	6	1	
5	7	6	4	2	1	3	9	8	
8	2	4	5	3	9	6	1	7	
9	3	1	6	7	8	5	2	4	

E	C	H	O	R	O	M	A	F	A	C	T	S
N	O	O	N	E	R	O	S	F	L	O	R	A
D	O	T	S	K	E	L	P	A	D	M	I	T
P	E	R	I	O	D	I	C	T	A	B	L	E
S	P	O	T	O	N	S	C	A	T	A	L	D
E	S	T	A	D	S	P	E	C				
C	H	A	I	R	L	I	F	T	R	O	P	Y
T	A	T	S	E	G	R	E	T	R	E	N	T
S	W	O	L	E	H	O	M	E	P	L	A	T
I	D	A	T	U	M	S	G	R	E	T	E	L
F	O	R	K	I	N	T	H	E	R	O	A	D
E	G	G	O	N	W	A	V	E	G	A	L	A
A	M	O	N	G	T	R	E	E	L	O	N	
R	A	N	G	F	E	R	N	E	S	P	Y	



# Easy shortbread cookies

**JOHN BUCKLEY**  
Groundcover contributor

## Ingredients:

1 cup sugar (white or brown)  
2 cups softened butter (4 sticks)  
4 cups all-purpose flour  
If I'm feeling fancy, I also mix in one or both of these:  
1 Tablespoon vanilla  
1 Tablespoon cinnamon

## Directions:

Preheat the oven to 350°F. Cream butter and sugar, then add flour and optional additions.

Spread a little more flour on a flat surface so the dough doesn't get too sticky. Knead the dough for about 5 minutes. Some people roll the dough to 1/2", chill it, and then cut out rows of rectangles (3" x 1").

Instead, I wash my hands, roll the



dough into large marble-sized spheres, and then flatten them into circles.

Put about a dozen cookies on a baking sheet covered with parchment paper. Bake each sheet of cookies for 20-25 minutes. You should get five or six dozen out of the dough you made.

That's it!

# Deck the Halls!

## Shop at the Kiwanis Thrift Sale!

### Holiday Gifts, Decorations, Tree Sale

November 3 - December 30

### Toy Sale

November 24 - December 30

{ Fridays from 9 am - 1 pm and  
Saturdays from 9 am - 3 pm }



**Kiwanis**  
Thrift Sale

Kiwanis Center in Scio Township

100 N Staebler Rd off Jackson Rd

Official Sponsor of Warm the Children

*Kiwanis will be open for normal business hours through the 2023 holiday season*

a2kiwanis.org

734-665-0450




**Our mission is to grow the LOCAL food economy**



- Shop from local farms
- EBT welcomed
- Fresh, seasonal food
- Friendly staff

Connecting consumers to local farms since 2014  
325 W Liberty, 1200 Packard, 1226 Packard



**FOCUSED ON LOCAL!**

People's Food Co-op is committed to increasing access to local foods and products! Through a variety of new and extended partnerships, we offer more opportunities to Ann Arbor.

**\$2 OFF**

**PEOPLE'S FOOD CO-OP**  
NATURAL FOODS MARKET & DELI  
216 N. FOURTH AVENUE ANN ARBOR, MI  
PHONE (734) 994 - 9174 • PEOPLESFOOD.COOP

**ANY PURCHASE OF \$15 OR MORE**

One coupon per transaction. Must present coupon at the time of purchase. Coupon good for in-store only. No other discounts or coop cards apply. Not valid for gift cards, case purchases, beer or wine.



OFFER EXPIRES 12/3/2023

# FREE Pet Vaccine Clinic






**Monday, December 4**  
**10 a.m. - 4 p.m.**  
**Hickory Way Apartments**  
**1120 S. Maple Rd; Ann Arbor**

**For dog and cat owners who:**

- Are seniors or
- Are facing housing insecurity or
- Qualify for low-income services or
- Are experiencing extreme financial difficulty or
- Are an Avalon Housing resident

Pre-registration not required, but is recommended.

hshv.org/pop-up-vaccine-clinic



**FRIENDS FOR LIFE**  
Hudson Valley Society of Human Values

**734-661-3550**